



BACK ON TRACK Team
September 13, 2004 1:30 – 3:00 p.m.

PRESENT WERE: Topher Hansen, CenterPointe, Kate Speck, PrairieLands ATTC, David Staenberg, Wolf House, Jerome Barry, Independence Center, Otto Schultz, SAAC, Pete Kalita, VA, Gary Gollner, Cornhusker Place, Brendan Wamsted-Evans, Snitily Carr

SCHEDULE CONFLICTS: Mike Losee, Tim Perry, Rod Bowder, Dennis Svoboda, Nanette Gingery, Pat Holmquist, Jay Conrad

1. **AGENCY ANNOUNCEMENTS** CenterPointe is seeking a new Clinical Director. Cornhusker place is seeking an LMHP. Construction will be done someday soon. They are developing a program for female IV meth users. VA is seeking another therapist. The recovery support group is working on tax exempt status. Independence Center is celebrating its 34th anniversary from 2-6, September 26. Valley Hope is having a recovery month golf outing on September 26.
2. **NEXT MEETING** October 4, 1:30 – 3:00 Snitily Carr
3. **JACK BUEHLER AWARD** – who has been counseling in Lincoln for over 25 years has won a counselor of the year award from the National Association of Alcohol and Drug Abuse Counselors. He will receive the award in October at a national meeting.
4. **UPDATE ON LB 1083** – Topher reported that the oversight commission continues to progress and is recommending some modification in the plan. They may need to have a day focused on Medicaid issues.
5. Gary Gollner will contact Mike Reynolds of local EAP association about inviting an **EMPLOYEE ASSISTANCE PROGRAM PROVIDER** to join the BACK ON TRACK steering committee.
6. **MEDIA EVENT** – Brendan reported that we will be having a Moment of Serenity Capitol North Steps on September 26, 7:00 p.m. We will do so come hell or high water. One of two speakers is lined up. Rand Wiese has joined the committee. News release will be out shortly. This will be more low key than the spring event.

7. **MARKETING PLAN** – Brendan reviewed the various products that Snitily Carr will be producing between now and December for the BACK ON TRACK tool kit. A small group to work with SC on the plan for placing these products may include Teri Vosicky and Topher Hansen. The Media Team will also look at this part of the marketing process. Brendan and Otto will meet to work out the realities of budgeting and seeking funding from grantmakers. They will meet in the next two weeks.
8. **SCREENING BRIEF INTERVENTION AND REFERRAL Update** – Otto reported that we have done 331 orientations to SBIR's, and trained 52 including 21 physicians. We have three people registered to attend the Chicago meeting. It would be great if we could get another MD.
9. Report on **SCIP – EVALUATIONS** – Jerome reported that a few months ago only two agencies were left doing SCIP evaluations. If the trend continued no agency would be able to do them. The committee resolved the issue by encouraging agencies to do screenings rather than full evaluations and SCIP would notify schools and families that this was to be the case. Also, agencies can limit the number of screenings they do in a given month or year. Lutheran Family Services and Child Guidance have both decided to do SCIP Evals and Topher committed CenterPointe to taking a share of them also.
10. Criminal Justice Substance Abuse Evaluations and **AUTHORIZATIONS TO RELEASE INFORMATION** – Otto reported that the Criminal Justice team is seeking a more efficient and simpler way to do Authorizations to Release Information. Jerome and Topher said they are willing to work with Steve Rowoldt to come up with a more efficient system. Otto will set up a meeting.
11. **SELF-HELP GROUP ORIENTATION CLASS** – Otto reported that the Criminal Justice team sees a small gap in the treatment/education system when evaluators recommend non-dependent offenders to attend “six AA meetings” and this becomes part of their probation. Using a class with self-help meetings would close this gap. (See attached note A.) Jerome and Topher will add this concept to their meeting with Steve (which will make it a long lunch).
12. **SUSTAINABILITY TEAM** – Otto reported that the Sustainability Team for SAAC includes Kate Speck and Dennis Svoboda from the BACK ON TRACK group. They held their initial meeting last week. (See attached note B)
13. Review Strategic Plan Summary and make **WISH-LIST OF FUNDABLE PROJECTS**. This item is tabled until the next meeting.

Self-Help Group - Orientation Class - A

Substance abuse evaluators often recommend that DUI offenders, who do not need treatment, attend a set number of AA meetings as a means of orienting them to recovery groups. The rationale appears to be that if the offenders develop a greater substance abuse problem in the coming years, they will be more comfortable seeking help from a Twelve-Step group since they are familiar with it.

There are several problems with this approach.

1. While many Twelve-Step groups are warm and positive, some are negative and even disinterested in visitors. A client cannot know how to pick a “good” group.
2. There is no means for a client to process a negative meeting or encounter with an AA/NA group or member and turn it into a positive learning experience.
3. Even attending several meetings will not provide a background for what the recovery movement is about or how it helps people recover.
4. Some clients find the spiritual side of AA/NA to be offensive. This may be true for some atheists/agnostics as well as some conservative Christians or Muslims.
5. It is easy for clients to cheat on going to the meetings.

To give clients a sounder, systematic orientation to recovery groups, providers could develop orientation classes. Instead of 6 AA meetings, there could be 3 classes (1.5 – 2 hours in length) plus two AA meetings. LADC’s would be the instructors who would assign recovery groups to attend and help clients process their feelings about the meeting.

Sessions could describe the 12 steps, meeting types, what to expect at a meeting and group etiquette. The instructor would assign specific meetings for an individual or make recommendations to the class as a whole about good meetings. Perhaps each client would be assigned to write a half-page “reaction paper.” One session might use videos such as “My name is Bill W.” One session could cover the 12 traditions and self-groups such as Rational Recovery and Alcoholics Victorious. Sessions would both include time to process the clients’ experiences at the meetings and respond to questions such as: 1) why don’t they stop the person who keeps droning on? 2) What does a sponsor do? 3) Do people get “addicted” to AA?

One LADC could do a three-session class with some clerical support. Material costs would be minimal. A class could break even with 6 or 8 participants. A class like this would close a small gap in the treatment/education area. It would be supported its own revenue.

A court will not order someone to attend a class if evaluators don’t recommend it. Evaluators won’t recommend it if no one offers it. No one will offer it unless courts are willing to order it.

Recommendation: Let’s pull together representation from all three of these groups to see if this idea is feasible. If so, they could set some minimal standards for a class and gain commitments from providers to begin offering it.

Sustainability Team – Note B

Members

Kit Boesch, County Human Services Administrator
Otto Schultz, Coordinator County Substance Abuse Action Coalition
Dannie Elwood, Bryan LGH
Kate Speck –Prairielands ATTC
Jane Reynolds– NU Directions
Lori Griggs – Juvenile Probation
Dennis Svoboda – KZUM
Sandy Morrissey – Region V
Mary Lentini – Volunteer

The Coalition's Current Projected Income

	2004-05	2005-06	2006-07	Total
Drug Free Community	100,000	75,000	75,000	250,000
State Inc. Coop. Agrmt.	165,000	125,000	100,000	390,000
Robt. Wd. John.	38,000	-	-	38,000
Joint Budget Council	5,000	5,000	5,000	5,000
Project DEFY	50,000	?	?	50,000
Totals	358,000	205,000	180,000	733,000

The sum for 2004-5 is confirmed. The other amounts are projections.